

**WELCOME TO THE 34th ANNUAL
JUNCTION BROADSTONE ¼ MARATHON' ROAD RACE
1st JANUARY 2019, 10:30 am**

Thank you for your entry for the Junction Broadstone 1/4 Marathon, the race is two laps anticlockwise around the triangle encompassing Dunyeats Road, Lower Blandford Road and Gravel Hill.

This year's event is once more raising funds for the of sporting facilities and equipment for the youth and disabled of Broadstone.

Where is the race HQ: Administration is in the main sports hall, ground floor of "The Junction" (Formerly called Broadstone Leisure Centre). Station Approach, Broadstone. BH18 8AX

Car Parking: Please park in the **public car park** located in Kirkway/Story Lane). Please do NOT use the car park at the Sports centre.

Changing: Please come changed, ready to run if possible, however there are changing facilities in the Sports Centre. Please do not leave any baggage in the changing area, please either leave it in your car or in the main hall at your own risk.

Start: Is on the Broadway, opposite the 'toast rack' car parking area. Please exit the Sports Centre via the back door of the sports hall, left onto the trailway, under the roundabout via the underpass. **DO NOT** block the Broadway whilst warming up. Please assemble on the 'toast rack' area in your estimated finishing position and only move onto the road when asked to by the starter or race officials.

Course: **Please only use the pavements.** Mile markers will be in place, accurate to +/- 5 metres – SEAA Course Assessment Certificate South 17/364. Race licence: permit applied for. All major junctions will be marshalled. You must comply with directions given by police or race officials, but your safety is your own responsibility. **You MUST cross roads ONLY at the official appointed crossing points.** Cut off time is 90 minutes

Safety: Race officials will remain at the finish until the last runner has completed the course. Please only use the pavement and do not run in the road or cycle lanes. Due to the nature of the course, this event is unsuitable for wheelchairs, buggies or dogs. You need to be able to hear instructions from our marshalls so **NO HEADPHONES OF ANY TYPE ARE ALLOWED.**

Water: There is a water station on The Broadway, which you will pass at approximately 3.5 miles. Water will also be available at the finish.

Race Numbers: (Please ensure the details on the reverse is completed).

Your race number will be available from race HQ from 9:00am on race day. Please attach this number to the *front* of your vest or T-shirt and ensure it is visible at all times. Please write an emergency contact number on the reverse, along with details of any medication you are taking. Please note that in order to comply with UK Athletics rules you must **not** fold your number. Race Referees can, and do, disqualify runners who do so. Race Numbers must be worn only by the runner to whom they have been issued. They are NOT transferable in any circumstances.

Prizes (Junction ¼ Marathon): You do not need to register or declare teams; this will be done automatically. An individual will be awarded any prizes to which they are entitled, i.e. if a Male Vet 40 is 2nd overall and 1st Vet in his category, he will win both prizes. Vets are awarded only prizes in the category they have entered, ie. If you enter as a V50 you will not be considered for a V40 award. Prizes for first two finishers (male & female) then first over 40 male and over 35 female. Then first over 50, over 60 and over 70 (both male & female) and first under 20 male and female.

For team awards, the first three runners will score, with the lowest combined placings winning the team prize. Vets count as seniors for the team. The team event is only open to athletes who are 1st claim members of an EA affiliated Running Club.

Race Results: Will be displayed in race HQ and in the bar as soon as possible. A full set of results will be published on www.poolerunners.co.uk on the evening of the race

Prize giving: The awards for the 2018 Dorset Road Race League and the Prizegiving for this race will be upstairs in the Sports Centre Bar. We hope to start at 12:15. Please try and stay for this annual ceremony. (Drinks and food available)

